



CITY OF SAN ANTONIO

Department of Community Initiatives



Dennis Campa, Director

Senior Savvy

September 2009

SENIOR SAVVY

THE BOB ROSS SENIOR MULTI-SERVICE HEALTH & RESOURCE CENTER

FROM THE ADMINISTRATOR

BY PETE MCKINNON

I recently had the opportunity to visit with Dr. Nancy Thompson, Director of the Elizabeth McGown Training Institute. The mission of the Training Institute is to provide education and support services that improve the quality of care received by older adults throughout San Antonio and Texas.

I was impressed with the ease participants can navigate through these informative, internet (web-based) videos. The videos provide a wealth of information on many topics affecting aging adults and caregivers. Below is Dr. Thompson's article explained a bit about the program.

Have an expert come to your home. No charge.

*By Nancy Dunn Thompson, Ph.D.
Director
Elizabeth McGown Training Institute*

How would you like to have a lead district attorney come to your home to tell you how you can avoid become a victim of a financial scam? Or how about an expert to provide you with troubleshooting tips if your glucometer is not working? What about having

a medical doctor and a psychologist available 24/7 to let you know how to make a home safer for someone with dementia? Morningside Ministries through its mmLearn.org program can do that for you at no cost.

mmLearn.org provides 101 free videos on the internet as a resource for older adults and their caregivers. About 15 of the videos are in Spanish. The videos are based on research and best practices, and all are reviewed by a healthcare professional with more than forty years experience in long term care.

These web-based videos include the following:

⇒ **Practical Skills:** Learn practical skills that include: how to change the bed with someone in it, how to position someone in bed, how to transfer someone from a wheelchair to a car, shower-tub seat and toilet and then back to the wheelchair, and other important care giving skills.

⇒ **Knowledge Building:** Information video topics include: dementia, nutrition and fitness for

older adults, adult immunizations, fall prevention, identity theft, information about skill nursing homes, strokes, hearing aide and others.

⇒ **Support:** Caregivers on Demand, a discussion and learning group, provides an opportunity for caregivers to connect with others in the same situation. Other videos that provide support include: My Spirit Hears You, My Spiritual Journey, Transitions: Big and Small, Caregiver Stress, Growing Old—With Attitude and others.

To watch any of these, go to www.mmLearn.org and click on free videos. Expert advice and support is at the tip of your fingers. For more information, e-mail info@mmLearn.org or call (210) 734-1211.

The Elizabeth McGown Training Institute at Morningside Ministries provides extensive information and support services to health care professionals, personal caregivers, family members and pastoral caregivers. The Training Institute uses distance learning technology and works in partnership with The University of Texas Health Science Center at San Antonio.

CASE MANAGEMENT PARTNERS WITH AARP

AARP Foundation WorkSearch Assessment and Training System

According to AARP by 2010, one in three workers will be over the age of 50. Therefore, as the relative proportion of younger workers declines, attracting and retraining experience and reliable workers will become a core business strategy for employers. At the same time it is vital that older workers are prepared to meet the skills in demand of the 21st century workplace.

AARP through its workforce programs supports older workers as they remain in or re-enter the workforce

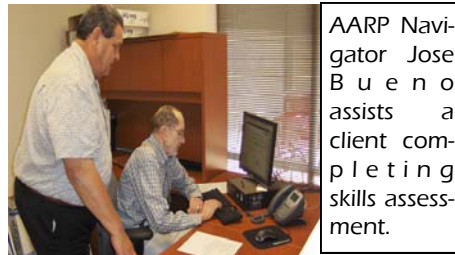
AARP does this by providing access to training that will allow them to remain competitive in the job market

The AARP Foundation WorkSearch and Assessment Training System Program that Center for Working Families has been

piloting the program here at the Bob Ross Senior Center.

The assessment system provides community-level job and career information and services to individuals who are seeking to remain in, or re-enter the workforce.

WorkSearch provides a variety of services, including interest and ability inventories, skills assessments, information about the meeting their employment goals, and to help them gain increased financial .



AARP Navigator Jose Bueno assists a client completing skills assessment.

Local training and employment opportunities are offered at no cost to the individuals. The goal is to provide all mature workers with an informed choice re-

garding their employment interest and options to assist them with security

As a result of our pilot test at Bob Ross Senior Center, the AARP Work Search Assessment and Training System Program has been expanded to two more locations - the new Northeast Senior Multi-Service Health & Resource Center, located at 4355 Center Gate and The Neighborhood Place Center for Working Families, located at 3014 Rivas.

If you have not taken advantage of this new service at the Bob Ross Center and are interested in knowing more about this program please contact your Bob Ross Community Services Specialist, Richard Guzman at 207-5302 or AARP's WorkSearch Navigator, Jose Bueno at 207-5339.

NUTRITION

September is going to be a very exciting month with lots of activities.

September 17th is the long awaited Lockhart trip. This will be a fun-filled day of sightseeing and good ole' Texas Bar-B-Que.

September 18th, from 9am to 3pm, the Annual Diez y Seis celebration will be held at the H.B. Gonzalez Convention Center. This will be a day of fun, food, music, and dancing. Transportation will be provided.

And last but not least, toward the end of the month we will be visiting the world famous Buckhorn Museum and The Texas Ranger Museum. Lunch will follow in the Buckhorn Cafe. So don't forget to look for the trip sign-up sheets.

October 1st, United Way begins its 2009 Campaign with the Days of Caring in October. The Bob Ross Senior Nutrition Center will partner with The Hartford Company. Employees will help unload commodities and assist in the distribution to the



senior participants on October 1st. We'd like to thanks The Hartford for their community service.

LEEZA'S PLACE

Leeza's Place Celebrates Its One Year Anniversary



Leeza's Place by WellMed at the Bob Ross Senior Center celebrated its one year anniversary on August 21st. In attendance

was Dr. James Huysman, Executive Director and Co-founder of the Leeza Gibbons Memory Foundation.

Dr. Huysman and representatives from WellMed and the City addressed the audience and talked about the importance of Leeza's Place programs and the impact Leeza's Place has had at the Bob Ross Center and to the community at large.

Leeza's Place, a respite for caregivers of loved ones with chronic or terminal illnesses, is underwritten by the WellMed Charitable Foundation. The tri-party agreement between the Memory Foundation, WellMed and the City enables Leeza's Place to provide comprehensive social service and resources to caregivers.

Alma Saucedo, caregiver of her father who suffers from Alzheimer's, takes advantage of Leeza's Place resources. She gave personal testimony at the celebration about what Leeza's Place has meant to her and her family.

Leeza's Place continues to expand its scope of services by bringing new and fun activities to help caregivers through their

journey of caregiving for their love ones.

We encourage everyone to stop by Leeza's Place to visit with the Care Advocate and learn all there is to know about caregiver services and resources. All services are free and the coffee pot is always on.

A special thanks goes out to Nadine Bradshaw for volunteering her time to assist Marisa Chapa, Care Advocate. She brings compassion and personal caregiver experience to Leeza's Place.



Scrapbooking is one of the many activities offered at Leeza's Place.

LOW VISION COMPUTER CLASSES COMING SOON

Through a community partnership, established to increase opportunity for computer and adult literacy training, the Bob Ross Senior Center has been selected as a training site for low vision or blind persons.

Partners includes the City of San Antonio's Department of Community Initiatives, Texas Division for Blind Services, Alamo Council of the Blind, San Antonio Lighthouse for the Blind, Region 20 Education Service Center and San Antonio Independent School District.

In the next few weeks, com-

puter literacy classes for visually impaired persons will begin. Classes will be held on Monday and Friday mornings. Specific details regarding the start date, length of the classes, etc. are being finalized and will be announced throughout the Blind and Low Vision community.

Terry Smith, Field Director with the Texas Division for Blind Services shared his thoughts on the partnership and computer literacy services. *"We are truly blessed with the partnerships and access to the state of the art computer lab at the Bob*

Ross, as well as the outstanding staff and volunteers at the Center. The availability of computer classes for individuals who are blind or low vision will enrich the lives of many in the future. We look forward to a long and productive partnership for those we serve."

The Bob Ross Team welcomes Low Vision and Blind Community. The program is yet another enhancement and expansion of comprehensive services offered at the Center.

THE BOB ROSS SENIOR MULTI-SERVICE HEALTH & RESOURCE CENTER

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Mark Your Calendar:

- ⇒ September 7, 2009: Labor Day, Bob Ross Center Closed
- ⇒ September 18, 2009: CNP Senior Citizens' 2009 Kermes (festival) at Convention Center
- ⇒ September 19, 2009: Grandfamilies Day Celebration at YWCA , 503 Castroville Rd
- ⇒ September 22, 2009: CNP Project Council Meeting at Sacred Heart Senior Center

This months newsletter courtesy of:



Falls Prevention

Each year, thousands of older Americans fall at home. Many of them are seriously injured, and some of them become disabled. In 2002, more than 12,800 people over age 65 died and 1.6 million were treated in emergency departments because of falls.

Recently, at the Bob Ross, we have experienced a higher than normal incidents of falls. Below are five tips to help prevent falls.

1: Begin a regular exercise program. Exercise is one of the most important ways to lower your chances of falling. It makes you stronger and helps you feel better. Exercises like tai-chi, that improve balance and coordination are the most helpful.

2: Have your Doctor review your medications, even over the counter medicines. As we get older, the way medications work in your body can change. Some medications, or combinations of medications can make you sleepy or dizzy and can cause you to fall.

3: Have your vision checked. Have your vision checked at least once a year. Poor vision can increase your chances of falling.

4: Make your home safer. Remove things you can trip over, like small throw rugs, use non-slip mats in your shower, have grab bars in your bathroom, or improving the lighting in your home. As we get older, we need brighter lights to see well. Hang curtains or shades to reduce glare.

5: Keep emergency numbers in large print near each phone. Put a phone near the floor in case you fall and can't get up.

Falls are often due to hazards that are easy to overlook, but easy to fix.

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Salsa Caliente

There's something hotter than the Texas sun at the Bob Ross Senior Center.....Salsa Caliente is raising the temperature. An exciting mix of heart healthy education and spicy dance moves set to hot salsa music keeps these seniors moving.

Led by Melinda Galvan, Health

Educator and James Gonzales, L.V.N., Salsa Caliente's seniors are dropping pounds and whipping into shape. A ninety minute class, equally divided into two segments, Salsa Caliente is the buzz at the Bob Ross Senior Center.

Four classes, Monday through Thursday, are turning these seniors into fat-burning machines.

The seniors are screened twice, at the beginning and at the end of the eight week sessions.

Blood pressure, glucose cholesterol, and BMI's are recorded and compared at the end of the sessions. The seniors are amazed at their weight loss, overall body tone and increase in their endurance.

At the Bob Ross Senior Center, preventive health is the key. And with Salsa Caliente, each senior has the opportunity to look and feel better.

Remember, "It's easier to maintain your health than it is to regain it." It doesn't have to be anything extreme-just find your groove and move.

The next Salsa Caliente classes begin in October. See you there!